



## CERTIFICATE OF ACHIEVEMENT

This is to certify that  
**Jaimie Monahan**

ICE ID : 178 - ICE MILE : 8

has successfully completed an ICE Mile according to the

**INTERNATIONAL ICE SWIMMING ASSOCIATION**

by completing a minimum of One Statute mile [1609m] in water temperature  
of 5.00°C or lower



Paradise Harbour, Antarctica

06-Mar-2018

1.0100 mile / 1.63km in 30:49 minutes

Water 0.57°C, Wind Chill 1.00°C, 64.90° S

**YOU ARE OFFICIALLY FROZEN**

Extreme, Polar, Zero, 5+ ICE MILE

A handwritten signature in black ink, appearing to read "RAB".

Ram Barkai (Chairman)

INTERNATIONAL ICE SWIMMING ASSOCIATION

[www.internationaliceswimming.com](http://www.internationaliceswimming.com)

